

Dial a Doula

MOTHERING THE MOTHER

Doula Training 2010 Commences 12th February



Being a Doula is a calling rather than a job, as a Doula you are in a unique position to dwell in the mystery and miracle of birth and support other people in that miracle. Life, love, courage, fear, trust, self-discovery and transformation are all inherent in the process.

Bookings Essential

Contact: Anna anna@openingtolife.com.au

9718 1239 - 0408 954 120 or

Sunderai: sunderai@womenofspirit.asn.au 0401 626 883

We believe working with and understanding your life and your birth experiences will enable you to more effectively support other women during the momentous occasion of giving birth. With this in mind Dial-a-Doula training incorporates; knowledge of the physical and emotional aspects of birth; an understanding of how to provide support to women and their families during pregnancy, birth and the postpartum period; as well as encouraging students in their own journeys of personal development as a woman.

Doula training is a personal journey, which not only transforms a woman for her role at birth, but transforms her life and how she relates to herself and others.

The curriculum comprises work with the International College of Spiritual Midwifery and includes participation in group learning activities and discussion, written home-work, reading and researching, attendance at a minimum of three births, and personal development and healing work.



We at Dial-a-Doula understand that being a doula means to be with-woman, but before a woman can be with another woman, she must first be able to be with herself. This is why Dial-a-Doula ensures all graduates participate in personal development and healing work.

Blessings on your journey

Sunderai and Anna

Dial a Doula Curriculum:

- Doula Foundation Training - 16 half days
- Spiritual Midwifery Level I – 3 days
- Bellies and Babies Sessions – 4 sessions
- Childbirth Preparation classes - 6 evenings
- Rebirthing sessions - 4 sessions
- Body transformation sessions - 7 sessions
- Women's Mysteries retreat – 5 days
- Attendance at 3 births – includes two pre and two post natal visits, a write up of each visit and the birth itself.
- Required reading and homework

How to Get Started

The training is suitable for anyone interested in birth, midwives, health practitioners and women on their own life journey.

Each section of the Doula training can be completed in a time frame that suits you. We recommend that you start with the foundation training and then continue with the other modules in the sequence and time frame that suits you, so that you can follow your own path to becoming a Doula.

To find out whether this is the right path for you, please contact: Anna 9718 1239, 0408 954 120
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To Download the full training overview, registration forms and to see dates of each course visit the Dial a Doula website: www.dialadoula.com.au.

